



**MISSOURI DEPARTMENT OF
HEALTH &
SENIOR SERVICES**

Division of Senior & Disability Services

Bureau of Senior Programs

State Fiscal Year 2025

Programs and Services Directory



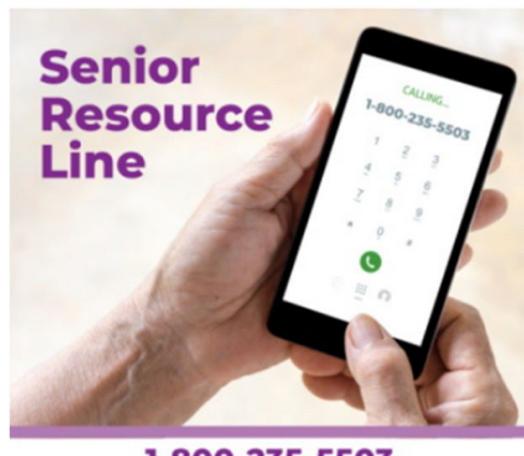
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Area Agencies on Aging

Missouri has ten designated Area Agencies on Aging (AAA), covering all 114 counties and the City of St. Louis. The AAAs must submit an Area Plan every four years and update the plan at least annually. Each AAA is uniquely structured to meet the needs of older adults and adults with disabilities living within its planning and service area. Therefore, none of the AAAs are the same. While all ten of the AAAs provide a base set of services (e.g., legal, transportation), the specific menu of services each AAA offers will vary from agency to agency. This section includes a matrix of services offered per AAA for each of the Older American Act (OAA) funding streams, as well as information about two other programs with funds that are passed to the AAAs.

Missouri's Area Agencies on Aging		
Area Agency on Aging	Address	Phone
Aging Ahead	1435 Manchester Rd. St. Louis, MO 63011	636-207-0847 800-243-6060
Aging Best	201 West Broadway, Suite 1-E, Columbia, MO 65203	573-443-5823 800-369-5211
Aging Matters	1078 Wolverine Lane, Suite J, Cape Girardeau, MO 63701	573-335-3331 800-392-8771
Care Connection	106 West Young/PO Box 1078, Warrensburg, MO 64093	660-747-3107 800-748-7826
Mid-America Regional Council	600 Broadway, Suite 200, Kansas City, MO 64105	816-421-4980 800-593-7948
Northeast Missouri Area Agency on Aging	2815 N. Baltimore, Kirksville, MO 63501	660-665-4682 800-664-6338
Region X	531 E. 15th Street, Joplin, MO 64803	417-781-7562
SeniorAge	1735 South Fort Ave., Springfield, MO 65807	417-862-0762 800-497-0822
St. Louis Area Agency on Aging	1520 Market, 4th Floor, Rm. 4086, St. Louis, MO 63103	314-657-1681 877-612-5918
Young at Heart	1304 N Walnut St., Ste. 150, Cameron, MO 64429	660-240-9400 888-844-5626

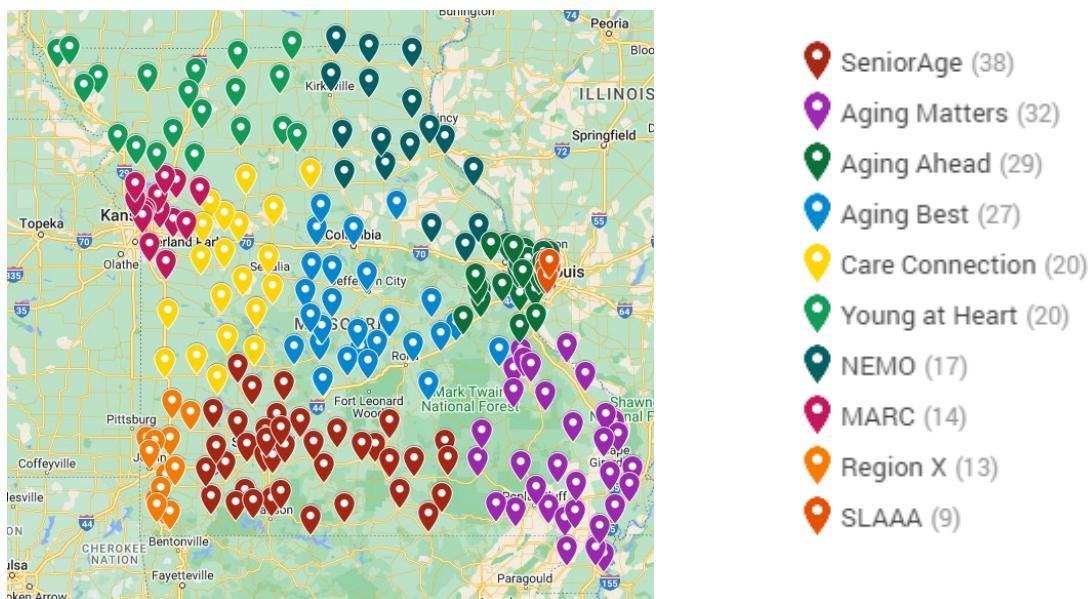
Individuals can also contact the Senior Resource Line to reach their local AAA. The Senior Resource Line number is 800-235-5503. When prompted, the caller should enter their zip code using the telephone's keypad and the call will then be transferred to their local AAA.



Missouri's Senior Centers

Missouri has 215 senior centers/meal sites across the state that are affiliated with an AAA (as well as one virtual senior center). (Senior centers provide an array of services for older adults including meal services, whereas meal sites are locations solely used to serve meals for older adults.) Click [here to access an interactive map](#) of these centers. When you scroll over the icons on the interactive map you can see the senior center's name. If you left-click on an icon, you can view the center's address, phone number, days and hours of operation, and meal types served.

The map below shows the locations of senior centers that are contracted with the ten Area Agencies on Aging throughout the state.



Those utilizing a printed copy of this directory can use the QR code to the left to access the interactive map online.

AAA Older Americans Act Services

III B - Supportive Services

Title III B of the Older Americans Act (OAA) provides for supportive services to assist those age 60 or older to remain safe, healthy, and independent in their homes. (The AAAs also receive additional funding to provide meals and transportation to adults aged 18-59 with disabilities.) The [Missouri State Plan on Aging](#), approved by the Administration on Community Living, requires that at least 30% of III B funds go to access services (includes transportation, information and assistance, advocacy, outreach, and at several AAAs, case management), at least 20% to in-home services (services might include homemaker, chore, personal care, respite, adult daycare, telephone reassurance, friendly visiting, homebound shopping, home modification and repair, home technology and automation and medication set-up), and at least 1% to legal assistance. III B services vary widely, ranging from personal care and homemaker services to opportunities for recreation and home modification. The purpose of III B services is to help older Missourians age in place.

Matrix of III B Supportive Services by AAA per Area Plans for SFY2025

Program	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Adult Day Services	x									
Advocacy	x		x	x		x	x	x		x
Assessment and Care Planning		x								
Assistive Technology		x						x		
Case Management	x	x	x	x	x		x	x	x	x
Consumable Supplies	x	x								
Durable Medical Equipment								x	x	
Education Services				x						
Elder Abuse Prevention/Elder Rights	x	x								
Emergency Medical Transportation			x							
Events, Media & Publications								x		
Financial Assistance								x		
Friendly Visiting	x	x					x			
Health & Wellness							x	x		
Health Promotion-non evidence based	x									
Home Delivery									x	
Home Modifications		x		x			x			
Homebound Shopping							x			
Homemaker/Chore	x	x	x	x	x	x	x	x	x	x
Incontinence Supplies									x	
Information and Assistance	x	x	x	x	x	x	x	x	x	x
Interpretation	x	x						x	x	

Matrix of III B Supportive Services by AAA per Area Plans for SFY2025 cont.

Program	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Legal	x	x	x	x	x	x	x	x	x	x
Mature Mile										x
Medical/Incontinence Supplies								x		
Minor Home Repair		x					x	x	x	
Nutrition Counseling	x						x			
Nutrition Education	x		x	x			x	x		
Nutritional Supplies								x		
Ombudsman (also Title VII)	x	x	x	x	x	x	x	x	x	x
Personal Care	x		x	x	x	x	x		x	x
Personal Emergency Response								x		
Public Information	x	x	x	x		x	x	x	x	x
Recreation	x		x	x			x	x	x	
Respite		x		x			x			x
Scam Presentations			x							
Second Meals										x
Social Isolation Prevention		x								
Socialization	x	x								
Tax Assistance							x			
Telephone Reassurance	x	x		x			x	x		
Transportation	x	x	x	x	x	x	x	x	x	x
Vaccine Clinics										x
Volunteer Services	x		x					x		
Volunteer Transportation					x					
Wellness				x						

III C - Nutrition Services

Nutrition services include congregate, home-delivered, and, in some locations, carryout meals. Congregate meals are available at local senior centers. Congregate meals can also be provided in alternate locations like libraries, YMCAs, restaurants, and other locations. Congregate meals are provided hot and fresh to participants in a group setting. Home-delivered meals are available for individuals who are homebound and unable to attend senior centers or public locations. Home-delivered meals can be hot or frozen depending on the location of the participant's residence. Some AAAs provide carryout meals to participants who are not homebound and cannot eat in a congregate setting. A participant may be eligible for carryout meals due to social anxiety, caregiving duties, or health concerns, such as tremors, making it difficult to eat in public.

Eligibility for nutrition services includes being 60 years of age or older, or an eligible adult with a disability. Additional individuals can receive meals, such as a spouse under age 60 married to someone 60 years of age or older and volunteers helping in the program who are younger than 60.

The OAA requires that all meals served using OAA funds adhere to the current [Dietary Guidelines for Americans](#), provide a minimum of one-third of the Dietary Reference Intakes, meet state and local food safety and sanitation requirements, and be appealing to older adults.

Matrix of III C Nutrition Services by AAA per Area Plans for SFY2025

Program	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Carryout Meals	x	x				x		x		x
Congregate Meals	x	x	x	x	x	x	x	x	x	x
Home Delivered Meals	x	x	x	x	x	x	x	x	x	x



Those utilizing a printed copy of this directory can use the QR code to access it online.

III D - Evidence-Based Disease Prevention and Health Promotion Programs

Each AAA provides a variety of evidence-based disease prevention and health promotion programs. Each of these programs meets the requirements set by the Administration for Community Living. Because many programs are not offered year-round, it is important to contact the AAA to determine when a program will be available. Any adult age 60 or older is eligible to participate in these programs.

Matrix of III D Evidence-Based Programs per Area Plans for SFY2025

Program	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
A Matter of Balance	x	x		x	x	x		x	x	x
Active Living Every Day				x	x					
Aging Mastery Program	x	x		x	x		x			
Arthritis Foundation Exercise Program								x		x
Bingocize				x	x		x			
Chronic Disease Self Management Program		x	x	x	x		x	x	x	
Chronic Disease Self Mgmt. Education - Workplace		x								
Chronic Pain Self Management		x		x						x
Cognitive Stimulation Therapy						x				
Diabetes Prevention Program				x						
Diabetes Self Management Program		x	x	x						
Drums Alive		x		x					x	x
Eat Smart Move More Weigh Less				x						x
Enhance*Fitness				x	x					
Fit & Strong					x					
Health Coaches for Hypertension Control				x						
Healthy Ideas				x						
HomeMeds			x				x	x		
Mind Over Matter			x	x						
PEARLS		x								
Powerful Tools for Caregivers		x								
Stay Healthy & Strong					x					
Stepping On									x	
Tai Chi for Arthritis	x	x		x	x				x	x
Walk with Ease		x		x	x			x	x	x
Wellness Recovery Action Program	x									

III E - Family Caregiver Services

Family caregiver services are available through the OAA for many different types of caregivers.

Eligible categories include:

- Adult family members or other informal caregivers age 18 or older providing care to individuals age 60 or older.
- Adult family members or other informal caregivers age 18 or older providing care to individuals of any age with Alzheimer's disease and related disorders.
- Older relatives (not parents) age 55 or older providing care to children under the age of 18.
- Older relatives, including parents, age 55 or older, providing care to adults ages 18-59 with disabilities.

Matrix of III E Family Caregiver Services by AAA per Area Plans for SFY2025

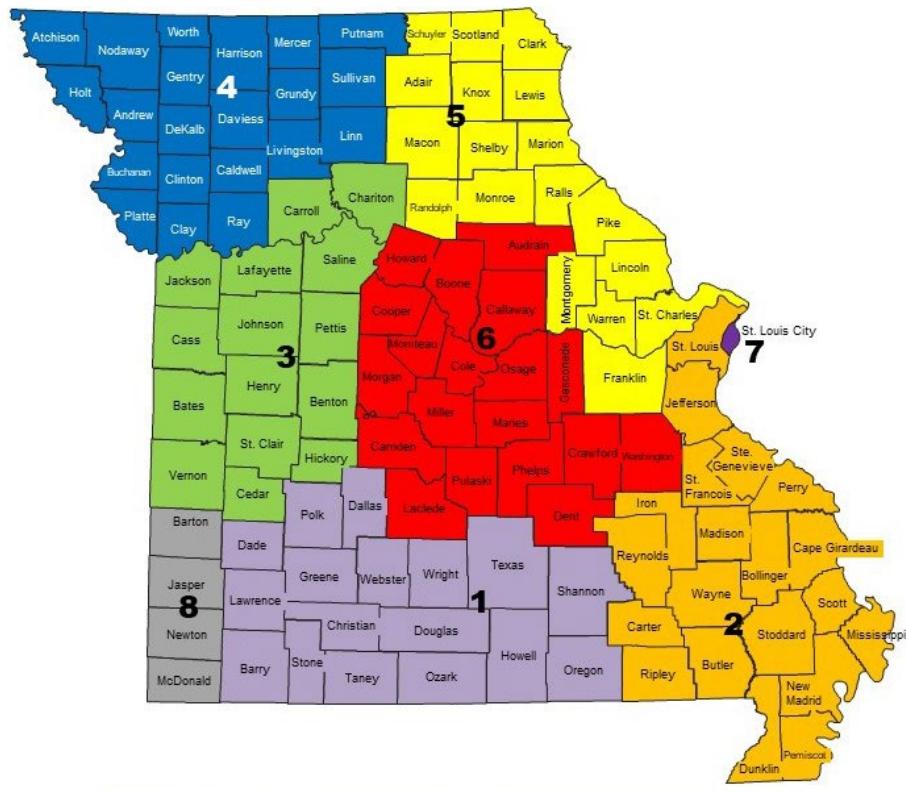
Program	Aging Ahead	Aging Best	Aging Matters	Care Connection	MARC	NEMO	Region X	SeniorAge	SLAAA	Young at Heart
Assessment and Care Planning	x	x	x			x		x		x
Caregiver Counseling		x					x	x		x
Caregiver Training	x		x	x			x	x	x	x
Caregiver Training - Aging Mastery	x				x		x			
Caregiver Training - Building Better Caregivers				x	x					
Caregiver Training - CDSME	x				x		x	x		
Case Management	x	x	x	x	x		x	x	x	x
Family Caregiver Grandparent Education	x		x							
Information & Assistance	x	x	x	x	x	x	x	x	x	x
Information Services-Public	x	x	x	x	x	x	x	x	x	x
Respite	x	x	x	x	x	x	x	x	x	x
Respite - Adult Day Care		x	x							
Respite - Out of Home GAP					x					
Respite - Structured					x					
Supplemental Services		x	x							
Supplemental Services - Durable Medical Equipment	x		x	x				x		x
Supplemental Services - Footcare								x		
Supplemental Services - Homemaker/Chore		x		x						x
Supplemental Services - Incontinence Supplies	x		x	x				x	x	x
Supplemental Services - Interpreter	x	x	x	x	x	x	x	x	x	x
Supplemental Services - Legal	x	x		x	x	x		x	x	x
Supplemental Services - Minor Home Repair/Home Modifications	x	x		x				x	x	x
Supplemental Services - Nutrition Supplies	x		x	x					x	
Supplemental Services - Patient Companion								x		
Supplemental Services - Personal Care				x						
Supplemental Services - Personal Emergency Response								x		
Supplemental Services - Remote Support Technology								x		
Supplemental Services - Telephone Reassurance								x		
Support Groups	x	x	x			x		x		x

Other Federal Programs

Medicare Improvements for Patients and Providers Act (MIPPA)

The Medicare Improvements for Patients and Providers Act (MIPPA) program supports states and tribes through grants to provide outreach and assistance to eligible Medicare beneficiaries to apply for benefit programs that help lower the costs of their Medicare premiums and deductibles.

Eight of the 10 AAAs in Missouri provide the MIPPA program. The map and key below show which AAA operates the program in the different regions of the state.



1. SeniorAge AAA: (417) 862-0762 / (800) 497-0822
2. Aging Matters: (573) 335-3331 / (800) 392-8771
3. Care Connection for Aging Services: (660) 747-3107 / (800) 748-7826
4. Young at Heart Resources: (660) 240-9400 / (888) 844-5626
5. Northeast MO AAA: (660) 665-4682 / (800) 664-6338
6. Aging Best: (573) 443-5823 / (800) 369-5211
7. St. Louis AAA: (314) 612-5918 / (877) 612-5918
8. Region X AAA: (417) 781-7562

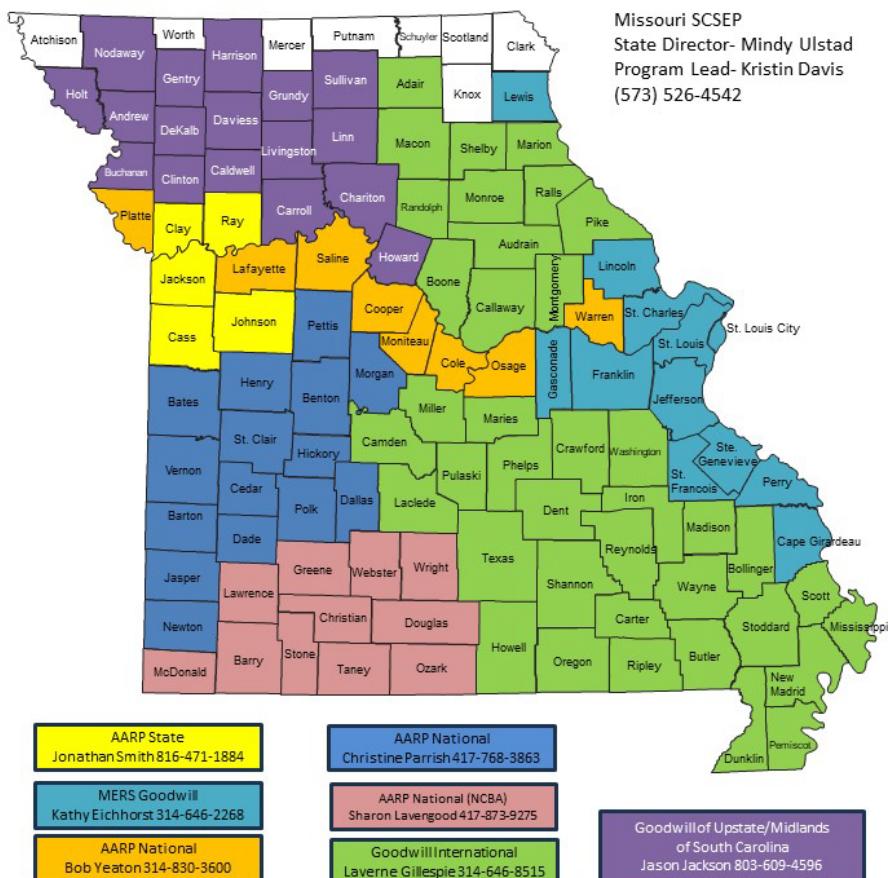
Senior Community Service Employment Program (SCSEP)

The Senior Community Service Employment Program (SCSEP) is funded by the U.S. Department of Labor. This program provides job training for persons 55 years of age or older who wish to enter the workforce and need extra training and job placement assistance. The purpose of the program is two-fold: to provide job skill training for the participants and to provide needed support to community host agencies, which consist of not-for-profit 501(c)(3)s and governmental agencies. Host agencies benefit by having someone who is subsidized by the SCSEP program helping them with performing work they could not afford to pay for on their own.

Program participants are provided an average of 20 hours per week of paid training.

To be eligible to participate a person must be age 55 or older, be unemployed at the time of the application, and not have income that exceeds 125% of the current federal poverty level.

Missouri SCSEP Grantee by County for PY2024



General Revenue Programs

Missouri Caregiver Program, aka Customized Caregiver Training & Relief Program

This general revenue-funded program provides training, respite care, assistive technology, and supportive services to family caregivers of individuals with Alzheimer's disease or related dementias. To qualify for the program, the person receiving care must reside in Missouri, the caregiver must be 18 years of age or older and live in the same home as the person receiving care, and the person receiving care must have a diagnosis of probable Alzheimer's disease or related dementia.

DHSS has contracted with the Community Asset Builders (CAB) to run this program in every county in the state. CAB subcontracts with the Alzheimer's Association to provide respite and supportive services (such as paying for adult diapers, medications, minor home modifications and nutrition supplements) and with Memory Care Home Solutions to provide caregiver training. Referrals should be made to **CAB at 573-632-2700 or via email, caregiver@cabllc.com.**

Senior Independent Living Programs (SILPs)

Missouri has five state-funded Senior Independent Living Programs (SILPs). Each SILP provides wrap-around services in its designated planning area to assist Missourians age 60 or older to remain in their home for as long as they are able to. The services provided by each SILP vary based on the needs of individuals in their service area. Service needs are determined by completing annual assessments, handling information and assistance calls, and through routine interactions with participants.

Contractor	Director	Office Address	Service Area	Phone
Palestine Senior Center	Yolanda Robinson	3325 Prospect Ave., Kansas City, MO 64128	2 Mile Radius Around Office	816-921-1963
A Caring Plus Foundation	Alice Logan	6350 Garesche Ave., St. Louis, MO 63136	2 Mile Radius Around Office	314-382-2560
Jewish Federation of St. Louis	Sarah Levinson	12 Millstone Campus Dr., St. Louis, MO 63145	3 Mile Radius Around Office	314-442-3859
Aging Best	Mariissa Peterson	201 W. Broadway, Suite 1E, Columbia, MO 65203	2 nd and 5 th Wards of Columbia, MO	573-476-5600
Services for Independent Living	TBD	1905 W. Ash St., Columbia, MO 65203	1 st and 3 rd Wards of Columbia, MO	573-874-1646

Naturalization Services for Legal Senior Immigrants and Refugees

This general revenue program has been authorized by the state legislature for years to assist older adults (age 60 or older) in attaining their citizenship. Eligibility for this program includes:

- Be 60 years of age or older,
- Have lived in Missouri for at least five years,
- Be legally in the United States,
- Have a health barrier to taking the standard naturalization classes.

Individuals in this program have several options available to help them attain U.S. citizenship.

Individuals who are capable can receive tutoring and the support needed to take the naturalization test in English. Individuals who do not have the cognitive ability to learn English can receive a medical waiver to take the test in their native language using an interpreter. Those whose cognitive ability would prevent them from being able to take the naturalization test are provided legal assistance to attain citizenship without the test. This program is available statewide.

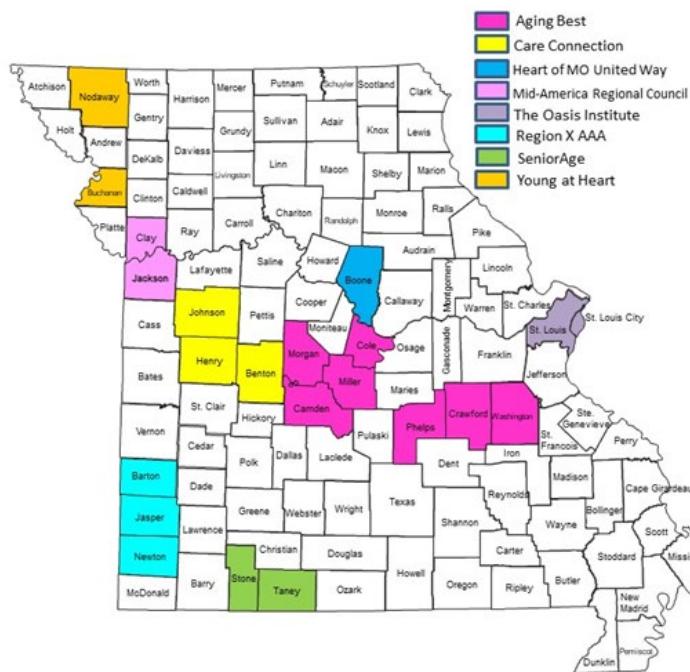
To refer individuals to this program, contact: Monarch Immigrant Services, 4030 Chouteau Ave., Ste. 700. St. Louis, MO 63110 at 314-645-7800.

Give 5 Program

The Give 5 Program assists retirees or soon-to-be-retirees with staying active in the community by volunteering at community non-profit organizations. The Give 5 program helps communities identify an area of need and then works with local non-profits to place volunteers with host agencies that will work to address the identified need. Give 5 is contracted through the Missouri Association of Area Agencies on Aging to six of the Area Agencies on Aging along with The Heart of Missouri United Way, United Way of the Ozarks, and The OASIS Institute in St. Louis County.

The shaded areas on the map below indicate where the organizations contracted to operate the Give 5 program are currently focusing their efforts.

Give 5 Volunteer Program



Area Agency on Aging	Address	Phone
Aging Best	201 West Broadway, Suite 1-E, Columbia, MO 65203	573-443-5823 800-369-5211
Care Connection	106 West Young/PO Box 1078, Warrensburg, MO 64093	660-747-3107 800-748-7826
Heart of Missouri United Way	105 East Ash St., Ste. 300, Columbia, MO 65203	573-443-4523
Mid-America Regional Council	600 Broadway, Suite 200, Kansas City, MO 64105	816-421-4980 800-593-7948
The OASIS Institute	50 Gay Ave., St. Louis, MO 63105	314-862-4859
Region X	531 E. 15th Street, Joplin, MO 64803	417-781-7562
SeniorAge	1735 South Fort Ave., Springfield, MO 65807	417-862-0762 800-497-0822
Young at Heart	1304 N Walnut St., Ste. 150, Cameron, MO 64429	660-240-9400 888-844-5626

Other Programs

Century Club

The Missouri Century Club recognizes individuals who have reached or surpassed their 100th birthday. Members in the club receive a letter of greetings from the Governor in honor of their special contributions as Missouri centenarians.

Anyone may submit an individual for recognition by the Missouri Century Club by completing the [**registration form**](#) and submitting it to the address below.

We are honored to celebrate the milestones of older Missourians and recognize their achievements.

You may submit the registration form by

Mail:

Department of Health and Senior Services
Missouri Century Club Coordinator
P.O. Box 570
Jefferson City, Missouri 65102-0570

or

Email:

Jordanna.Mcleod@health.mo.gov



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<https://health.mo.gov/seniors/>